



WHO AM I TO BE
BRILLIANT, GORGEOUS,
TALENTED, FABULOUS?
ACTUALLY, WHO ARE
YOU NOT TO BE?"

NELSON MANDELA

Types of Depression

- **Major depression** is characterized by intense feelings of sadness.
- **Dysthymic disorder** is a less intense type of depression, but it persists for a longer period of time (years).
- **Adjustment disorders** occur when an individual's response to a stressful event.
- **Postpartum depression** is depression that occurs after giving birth.

- **Manic depression or bipolar disorder** is a brain disorder that causes unusual shifts in a person's mood.
- **Psychotic depression** includes some features of psychosis, such as hallucinations or delusions.
- **Seasonal affective disorder (SAD)** is a type of depression that comes on in the winter months when the sun is sparse.



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